

Table 3. Mean changes in outcome measures in control group and other separate groups at 1 month, compared with those at baseline.^a

	Whole cohort (95% CI)	Control group (95% CI)	Leaflet (95% CI)	GP (95% CI)	GP and booklet (95% CI)	Nurse (95% CI)	Nurse and booklet (95% CI)	GP and nurse (95% CI)	GP, nurse and booklet (95% CI)
Primary outcomes									
Distance walked 35.0 (1.6; 68.0) in metres	14.31 (6.78 to 21.83)	9.3 (-2.4 to 21.0)	4.8 (-14.3 to 24.0)	28 (12.0 to 44.0)	-7.2 (-37.3 to 23.0)		6.4 (-15.2 to 28)	22.7 (-0.1 to 45.5)	22.7 (5.6 to 40.0)
Godin score	10.47 (6.92 to 14.01)	7 (0.17 to 13.8)	9.6 (-1.6 to 20.7)	7.5 (-10.5 to 25.5)	6.2 (-1.9 to 14.2)	12.3 (-1.8 to 22.7)	15.1 (4.7 to 25.4)	16.8 (5.1 to 29.0)	11.7 (4.8; 18.7)
Secondary outcomes									
Systolic blood pressure in mmHg 13.4 (-4.2; -22.5)	-5.29 (-8.04 to -2.55) 0.53 (-6.3 to 5.3)	-3.86 (-9.5 to 1.78)		-4.42 (-11.1 to 2.2)	1.8 (-12.4 to 8.7)	-6.1 (-17.1 to 4.9)	-6.3 (-13.5 to 0.90)		-6.0 (-14.8 to 2.8) -
Diastolic blood pressure in mmHg	0.77 (-1.52 to 3.07)	-0.24 (-3.2 to 2.8)	1.1 (-5.1 to 7.3)	3.9 (-6.4 to 14.3)	2.7 (-5.8 to 11.1)	-0.40 (-8.1 to 7.3)	2.2 (-4.6 to 9.0)	0.53 (-8.2 to 7.1)	-2.6 (-6.4; 1.1)
Cholesterol/HDL ratio -0.10 (-0.34; 0.14)	-0.05 (-0.17 to 0.07) 0.09 (-0.21 to 0.38)	-0.34 (-0.94 to 0.26) -0.23 (-0.58 to 0.11)		-0.19 (-0.47 to 0.1)	0.23 (-0.22 to 0.68)		0.16 (-0.02 to 0.33)		-0.01 (-0.23 to 0.25)
Questionnaire									
Anxiety score (-2.4 to 0.14)	-0.29 (-0.63 to 0.06) -0.07 (-1.6 to 1.5)	-0.40 (-1.1 to 0.3)	-0.07 (-1.3 to 1.2)	-0.33 (-1.04 to 0.37)	-0.42 (-1.6 to 0.75)		0.17 (-0.50 to 0.83)		-0.11 (-1.4; 1.21) -1.1
Depression score -0.33 (-1.43 to 1.21)	-0.11 (-0.35 to 0.12) -0.27 (-1.4 to 0.87)	0.10 (-0.27 to 0.47) -0.47 (-1.2 to 0.25)		-0.53 (-1.4 to 0.30)	0.17 (-0.26 to 0.59)		-0.11 (-0.97 to 0.76)		0.33 (-0.26 to 0.92)
Stage of change	0.92 (0.68 to 1.16)	0.40 (-0.20 to 1.0)	0.65 (0.10 to 1.2)	0.33 (-0.33 to 1.04)	0.58 (-0.13 to 1.3)	1.47 (0.72 to 2.2)	1.42 (0.70 to 2.15)	1.1 (0.33 to 1.8)	1.86 (0.90 to 2.81)

^aIf the change in systolic blood pressure and pulse in the whole cohort are adjusted for the effect of habituation to measurement³⁶: change in blood pressure: -2.76 (95% CI = -6.51 to -0.02), change in pulse: 0.07 (-0.46 to 0.33).